



Ways to Conduct National Movement Games with Kindergarten Children

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Abstract: *It is known that since ancient times, many activities, such as physical education and sports, have protected mankind from various wars and survival (hunting, archery, running, riding horses, javelin throwing, etc.). They were busy with exercises.*

Keywords: *national movement games, kindergarten children, gymnastics exercises, large groups, small children.*

They have been paying serious attention to the development of our great future and the preservation of the peace of the country, the development of the economy, the improvement of the health of the population, and most importantly, the healthy upbringing of young children. In this way, deep reforms have been carried out, such important official documents as the state program of a healthy generation, the continuity of education and the state program of general education have been adopted, and these have been implemented in practical terms and have given their results. is coming

In this way, attention is being paid to improving the conditions of kindergartens, providing them with specialist personnel, and supporting them materially and morally.

New buildings of children's institutions built during the period of independence correspond to the requirements of the time.

Pedagogical colleges are paying special attention to the training of specialized preschool educators and equipping them with the content of all educational subjects. At the same time, enrichment of their theoretical knowledge and practical skills with physical education is improving. It is important to give physical education knowledge in kindergartens to physical education specialists who are being trained in pedagogical institutes and pedagogical colleges. Physical education in kindergartens has a special meaning and is conducted on the basis of the state program. More than half of the content of the program is aimed at organizing morning gymnastics, national movement games, evening independent activities and special games for children.

According to preschool pedagogy, kindergarten work content and physical education, children of kindergarten age are divided into different age groups, and they are used to be called small, medium and large groups. Children's physical condition, growth rate, movement skills and the functions (tasks) of body parts in general determine the educational processes. On this basis, the practical actions in the groups in the organization of physical education are fundamentally different from each other, for example, the types and grades of the exercises and games are quite different in relation to the groups and healthy and disabled children in their composition.

Gymnastics exercises, national movement games, walks are organized in all groups. Their types and rule contents can be expressed as follows.

Small children (1-3 years old):



1. Standing in line, turning, walking, raising hands to the waist, shoulders, sides, and up. While standing, clap your hands forward and up, jump to the right, left, turn backwards, give various exercises to the body members.
2. Walking on the line, board and gymnastic chairs with hands on the side, jumping down. Walking quickly over parallel lines.
3. Various equipment - exercises on equipment, games, bending over between rings (tunnel).
4. Depending on the age of the children (1-2 years old, 2-3 years old) catching balls, reaching the rolled ball and returning it, throwing the ball into the corner (target), kicking the ball with the feet, catching it and so on.
5. When the weather is nice, walk around the surface of the playground and yard.

Middle age (3-4 years old)

Middle-aged children repeat the games and exercises of younger children, but their quantity and management methods are somewhat complicated. Also includes soccer game elements (kicking, dribbling, blocking, passing to a partner, etc.), wrestling elements (shoulder pulling, waist clinging, hugging, knocking, etc.), kindergarten and fun. Walks will be organized to avenues and buildings.

Large groups (5-6-7 years old)

1. Gymnastic exercises are carried out in full, with the addition of action games. That is, jumping on one leg, in a pair, jumping on one leg while holding the shoulders, running quickly over a row of lines (who is faster), quickly walking over a bench without falling, jumping ropes, two-simple and complex actions such as running and bringing three balls (items) into a circle are performed in the form of a competition.
2. In the daily (regime) game-exercises, training games are organized in the following direction:
 - ✓ Line up, walk, jump;
 - ✓ Various relay games, placing and bringing balls to their destination, placing and retrieving balls (an object), sticks, flags in a small circle, running through hoops.
 - ✓ Simple national action games (cat and mouse), free space, touch and escape, blindfold, hide and seek, cockfight, white poplar-blue poplar, fishing rod, etc.

The approach to pedagogical activity is to separate its components as relatively independent functional types of pedagogical activity.

According to V.A. Slasten, teacher training involves the development of knowledge to perform the following tasks: analytical-reflexive, constructive-prognostic, organizational, assessment-information, correction-adjustment. The author's point of view, in our opinion, largely reflects the decided ideas about the structure of the teacher's work. At the same time, the study of the structure of professional competence of the future specialist requires a thorough analysis of pedagogical work, its level of training in the context of higher and secondary special, vocational education in the conditions of modernization and implementation of the concept of continuous pedagogical education. to determine the requirements.

According to R.Kh. Tugeshev, professionalism is a competence acquired for only one activity with the help of steps taken to improve the quality of a person. Competence refers not only to the mastery of his work, but also to the organization of work, the ability to systematically understand all the problems associated with his work, the ability to set tasks and the ability to find solutions to specific problems. holds. Such a person is considered to be competent in a particular field.



3. Games during walks;

- Organizing excursions to scenic places around kindergartens, avenues, cultural centers, school grounds, multi-story buildings, etc.;
- Short-term organization of action games such as scrambling, who is faster, find the sound, who came, tug of war, climbing the hill in open fields and green grassy areas.

It is worth noting that the educator-organizer should be familiar with these exercises, active games, and adhere to pedagogical principles when organizing them (gradually, from easy to difficult, from simple to complex, from familiar to unfamiliar, repeating, explaining, teaching a new game, completion of games, etc.) must be fully followed.

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